

## Bringing the Waterfront Community Together for the Holidays: *WWA Sponsors Annual Parade of Lighted Boats*

By The Southwester Staff

The Washington Waterfront Association (WWA) knows that in times of flux, tradition and identity are important to communities. The business partners of the WWA are currently struggling with a nebulous future: \$1.5 billion in development will permanently change the reality of the Southwest Waterfront. However, contrary to what many may think, developers are not working from a clean slate. The WWA has long worked to hold on to tradition and identity on the Washington Channel, for boaters and landlubbers alike. A big part of that tradition is the holiday Parade of Lighted Boats.

Each year, scores of vessels festooned with lights brave the chill to brighten the channel and the entire Southwest Neighborhood. The celebration includes Old Town Alexandria, but the best views of the parade are to be had right on our own Southwest Waterfront.

This year, the newly revamped Seventh Street Landing hosted the land event which took place before the parade. The Landing was also one of the best spots to view the decorated boats on the water. The Sixth Annual Tree Lighting Ceremony was a collaboration this year between WWA, Hoffman Struever Waterfront (HSW), and Amidon-Bowen Elementary School, which provided the decorations for the holiday tree. Over 200 people gathered to share food provided by Cantina Marina, HSW, and Sidewalk Sweets: hotdogs, cupcakes, hot drinks, and freshly made s'mores. Holiday music was provided by Strykers Posse, a Baltimore-based reggae band.

"The participation of HSW with WWA this year brought the land event to a whole other level," according to Barbara Ehrlich,



Monty Hoffman and Rev. Martha Clark pose with Santa at the land event.

event coordinator for WWA.

In accord with tradition, the first hour of the event featured complimentary photos with Santa Claus, courtesy of Entertainment Cruises, in front of a beautifully lit tree. Due to her "closeness to Santa, Nancy Lain, Capital Yacht Club's WWA representative, facilitated the picture taking session. Monty Hoffman, CEO of PN Hoffman, cut the tree with his father in Pennsylvania and brought it to the Waterfront himself. The fire pit was constructed with stones from the Shenandoah home of PN Hoffman's John Bradley. Ron McBee, ANC 6D Chair, organized the ornament-making efforts of students from Amidon-Bowen with the art teacher there, Ayannie Peake. The school's art department received a \$200 donation from Entertainment Cruises and Gangplank Marina in appreciation for the efforts of our local children. Bob Rubenkonig of HSW provided logistics at the Landing.

The event was sponsored by WWA, which has always provided the Southwest venue for the boat parade and organized the participation of the vessels in the parade. Over 50 boats from various marinas and associations were decorated for the holidays in this year's parade: The Alexandria Fire Department, The D.C. Fire Department, Gangplank Marina, Capital Yacht Club, National Potomac Yacht Club, Washington Sailing Marina, Fairfax Yacht Club, Aquia Harbour Yacht Club, Mount Vernon Yacht Club, Quantico Yacht Club, Prince William Yacht Club, and The Old Dominion Boat Club. Fifteen prizes were provided by WWA businesses for the winners selected by this year's judges: Diane Groom, Assistant Chief of the D.C. Metropolitan Police; Scott Machoskey, Managing Editor of Interactive/Visual Media;

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## Acclaimed New Century Saxophone Quartet to Perform Christmas Music in Southwest

By Joyce Bouvier

The New Century Saxophone Quartet, a prize-winning and nationally-acclaimed touring music ensemble, will perform Christmas music for several audiences here in Southwest from Dec. 16-19, under the sponsorship of Friends of Southwest. Southwester Connie Frigo is the quartet's baritone saxophonist. The other three members – soprano saxophonist Michael Stephenson, alto saxophonist Chris Hemingway, and tenor saxophonist Stephen Pollock – will travel from North Carolina, New York and Pennsylvania, respectively, to D.C. especially for these Southwest performances to play musical selections from their Christmas CD, *A New Century Christmas*.

St. Augustine's Episcopal Church, 600 M St. SW, will open its doors on Thursday evening, Dec. 16 at 7 p.m. for a free concert by the New Century Saxophone Quartet for the general public. The quartet will also play several non-public concerts, including performances for students at Amidon-Bowen Elementary School and Jefferson Middle School.

The New Century Saxophone Quartet is the only ensemble of its kind ever to win First Prize at the Concert Artists Guild Competition in New York City, arguably the most prestigious music competition in the world. The music selections include everything from Bach to innovative contemporary works inspired by jazz and popular music. The New Century Saxophone Quartet has performed widely in the United States, including Carnegie Hall and Ambassador Hall in Los Angeles, and venues from Bos-

ton, Massachusetts to Juneau, Alaska, along with appearances on television and radio.

In the Washington area, the New Century Saxophone Quartet played two Command Performances for President Clinton at the White House as well as two concerto performances with The United States Navy Band and concerts at Strathmore Hall. An educational grant from the National Endowment for the Arts in 2005 allowed them the opportunity to work with students at THEARC in Southeast, the Sitar Center for the Arts in Northwest, and Howard University. New Century Saxophone Quartet's international performances include concerts in Asia, Europe and Central America.

About New Century Saxophone Quartet Christmas CD, "A New Century Christmas," *The Denver Post* wrote: "An unusual take on familiar Christmas songs...This release will particularly appeal to saxophone fans as well as anyone looking for holiday music with a different bent." *The BBC Music Magazine* wrote: "It [the CD] presents amusing and ingenious arrangements of Christmas tunes by a diversity of living composers, and the results are fun and original." *The Chicago Tribune* called the music "the aural equivalent of spiked eggnog."

"Music is the world's common language, and it's a language that has the potential to unite all people regardless of race, gender, education, religion or nationality. It is a power that connects the human spirit," said Connie Frigo. She and the other quartet members look forward to sharing their Christmas music with the Southwest community.



From left to right: Michael Stephenson, soprano saxophone; Stephen Pollock, tenor saxophone; Connie Frigo, baritone saxophone; Chris Hemingway, alto saxophone. Photo by Lenny Cohen.

To learn more about New Century Saxophone Quartet, visit [www.newcenturysax.com](http://www.newcenturysax.com). For questions about the concert, contact Connie Frigo at [cmfrigo2001@yahoo.com](mailto:cmfrigo2001@yahoo.com) or call 202-544-3222. For information about Friends of Southwest DC, contact Coralie Farlee, President, at [cfdc13@yahoo.com](mailto:cfdc13@yahoo.com) or 202-554-4407.



## Local Government and Organizations

# ANC 6D Monthly Meeting: As Seen from the Pew

By The Southwester Staff

The Near Southeast Community in Capitol Riverfront provided the venue for the November 8 meeting of ANC 6D at Courtyard by Marriott on L St., SE. So, we really did not see the meeting from the “pew” this time around. There were several items on the agenda, but many were awaiting the final request for the closure of Water Street, SW, by Hoffman Struever Waterfront (HSW). This single item had the most potential for debate and divisiveness at this

meeting. A signal of potential conflict came from the only constituent-time contributions worth listening to by two residents who expressed concerns about the street closure.

Shawn Seaman from HSW provided a summary of the proposal. (*The Southwester* published an explanation of the plan in this past November’s issue.) This month, in accord with an express request from the commissioners, Seaman provided the board with additional written support material, including letters of support from groups and businesses on the Waterfront and

traffic information. Members of the community brought up issues relating to bike access during construction and parking. Seaman pledged to work closely with the community to resolve these issues and make the transition period during the construction as comfortable as possible for everyone. A motion was approved to support the closure. The plan now moves forward in the process toward City Council approval in order to be ready for the start of the \$1.5 billion project in late 2012.

Another vote was requested by St. Paul’s

Methodist Church in Southeast for approval of its application for historic landmarking. The ANC wholeheartedly approved.

Commissioners reported on efforts to correct various unsafe situations at the new intersection of Fourth and M streets, SW. A group of local leaders met at the site with District Department of Transportation (DDOT) officials to observe and make suggestions for improvements. While they were at the site, they witnessed many mov-

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## Meet the New ANC 6D01 Commissioner

Bob Craycraft is a native of Portsmouth, Ohio, a small Ohio Valley city in the Huntington, West Virginia, metropolitan area. Bob attended college at Ohio State University and The University of Cincinnati, where he earned undergraduate and graduate business degrees.

Most of Bob’s adult life was spent working in the travel industry, including 18 years for the airlines, most recently at US Airways in their former Crystal City headquarters. He has also worked for the Hilton and Sheraton organizations, and more recently for trade associations related to the hotel and resort industries. Bob currently serves as vice president of industry relations for the American Resort Development Association.

Moving to Washington in 1999 was a dream come true for this amateur genealogist with an interest in British North American colonial history. There is also a personal interest, as Bob’s family was one of the original English Catholic

immigrant families to Maryland in the mid-17th century, and his ancestors include John and Thomas Craycraft, who fought in the District of Columbia and Maryland Militias, respectively, in the War of 1812.

“Why did I want to be an ANC Commissioner? Like Charles and Thomas Craycraft, I still feel like I’m fighting for this place,” jokes Bob. “And, to be candid, like my ancestor who perhaps watched the White House and Capitol burn, I sometimes feel like we are losing the battles in D.C. – battles against failing schools, crime, racial tensions, and deteriorating infrastructure. But, hopefully, we will, likewise, win the war. At least

I will have tried.”

Bob has been active in founding and organizing The Friends of Town Center Park West, a volunteer group dedicated to the improvement and care of the park on the corner of Sixth and I streets, SW, commonly referred to as “The Duck Pond”.

ANC 6D01, which Bob represents, is bounded on the north by Independence Ave., on the east by Fourth Street, and on the south by M Street, SW. The area covers much of the Southwest Waterfront.

### The Southwester staff says goodbye and good luck to Matthew Bevilacqua

Matt has served as our copy editor intern since October of 2009. A journalism student at George Washington University, Matt will be participating in a study abroad program which will take him to far-away lands as a part of his professional journalism preparation. We at *The Southwester* express our gratitude to Matt for his work and patience in the challenging task of copy editing our monthly issues. Please join us in wishing him well in his future studies and professional life.



## Community Calendar

### DECEMBER

**WED. 8** 6 p.m. DCPS Chancellor Henderson will be meeting with the Capitol Riverfront community on regarding the feasibility of reopening Van Ness Elementary, Wednesday, Courtyard by Marriott, 140 L St, SE

**THUR. 9** Last Day of Chanukah

6 p.m. - 7:30 p.m.: Bible study series, Luke’s Acts of the Apostles exploring earliest Christian communities, St. Augustine’s Episcopal Church, 600 M St., SW

**SAT. 11** 11 a.m.-2 p.m.: Holiday Book Sale. Half price for members. Southwest Public Library, 900 Wesley Pl., SW

**SAT. 11** noon: Hospitality Committee’s giveaway of Coats, Mittens, Gloves, Caps, Hats, and Scarves. Second Baptist Church Southwest, First & M streets, SW

**SUN. 12** 11 a.m. & 3 p.m.: Celebrating Church’s 110th anniversary and Pastor’s third anniversary. Potluck after morning services, St. Paul African Union Methodist Protestant Church, 401 I St., SE

11 A.M.: Westminster Reunion Sunday, Celebration of Westminster Community, noon: Potluck Party, Westminster Presbyterian Church, 400 I St., SW

**MON. 13** 7 p.m.: ANC 6D Monthly Business Meeting, St. Augustine’s Church, 600 M St., SW

**TUE. 14** 11:30 a.m.-1:30 p.m.: CRF Bid 2010 Annual Report and State of the Capitol Riverfront, 100 M Street, SE, 7th Floor. RSVP at 202-465-7093. **Thur. 16** 7 p.m. - 8:30 p.m.: PSA 104 Meeting, River Park Cooperative Homes, 1300 Fourth St., SW

6 P.M. - 7:30 p.m.: Bible study series, Luke’s Acts of the Apostles exploring earliest Christian communities, St. Augustine’s Episcopal Church, 600 M St., SW

**SAT. 18** 1 p.m.: Kitchen Table Book Group, Blink by Malcolm Gladwell, Southwest Public Library, 900 Wesley Pl., SW

**SAT. 18** 1- 4 p.m.: Angel Tree Service for Children of Incarcerated Parents., Friendship Baptist Church,

900 Delaware Ave., SW

2 p.m.: “Christmas at Riverside: A Joyful Celebration” with The Riverside Ensemble and Soloists, featuring Vivian Owens and special guests. Free. Riverside Baptist Church, 7th St. & Maine Ave., SW

**SUN. 19** 8 a.m.: Blankets and toiletries due for homeless men and women. Also, bring breakfast and dinner food items for Christmas Food basket, St. Vincent de Paul Catholic Church, 14 M St., SE

**SAT. 25** Christmas Day

**SUN. 26** 11 a.m. & 3 p.m.: Celebrating Church’s 110th anniversary and Pastor’s third anniversary. Potluck after morning services, St. Paul African Union Methodist Protestant Church, 401 I St., SE

**FRI. 31** New Year’s Eve

### WEEKLY, BIWEEKLY

**THE KIWANIS CLUB OF SOUTHWEST WATERFRONT**, Christ United Methodist Church, 900 Fourth St. SW, every first and third Monday from 6:30 p.m. - 7:30 p.m.

**THE SOUTH WASHINGTON WEST OF THE RIVER FATHERHOOD PROGRAM**, St. Augustine’s Church, 600 M St. SW, Tuesday and Thursday evenings. For more information, call Alphonso Coles at (202) 870-1885.

**SOUTHWEST SEWING GROUP**, Mondays, 9:30 a.m. - 2:30 p.m., St. Augustine’s Church, 600 M St. SW. Contact Willie Mae Stukes, sewing teacher, at (301) 445-1792. Open to all interested in working on their own sewing projects and updating their hand and/or machine sewing skills. Mondays, except for July and August.

**SOUTHWEST RENEWAL AA**, Alcoholics Anonymous group, Mondays, 8:30 p.m., St. Augustine’s Church, 600 M St. SW, (202) 554-3222.

**SW FREEWAY NA**, Narcotics Anonymous group, Wednesdays, 7 p.m. - 8 p.m., Westminster Presbyterian Church, 400 I St. SW, (202) 484-7700.

**AARP-SOUTHWEST WATERFRONT** Chapter 4751, Third Wednesday of each month, except for June, July and August, River Park Mutual Homes

community room, 1311 Delaware Ave. SW. For further information, contact Chapter President Elger Offutt at ee.offutt@comcast.net or (202) 285-4677.

**HAND DANCING** classes, Jitter bug, lindy hop. Saturdays, 12 p.m. - 1 p.m. Classes by Markus Smith of Swing Anatomy Dance. \$10/class for adults, \$5/class for children ages 8 - 17. Christ United Methodist community room off Wesley Pl., SW.

**CHESS CLUB**, SW Library main room, 900 Wesley Pl., Wednesday 7 p.m. - 9 p.m. For all levels, even beginners.

**BLUES MONDAYS**, 6 p.m. - 9 p.m. Various blues musicians and singers featured each Monday, \$5. Food for sale.

**WELLNESS WEDNESDAYS**, 4 p.m. Seated Yoga and Healing Sessions (Pamela Wilson and Riva Wine). 5:30 p.m. Laughter Yoga (Claire Trivedi). 7 p.m. Sampoorna Yoga (Alex Rosen). Free with donations welcome.

**JAZZ NIGHT** in SW, Fridays, 6 p.m. - 9 p.m. Various jazz musicians and singers featured each Friday, \$5. Food for sale.

**THE SOUTHWEST NEIGHBORHOOD ASSEMBLY**, Monthly public meeting every fourth Monday at 7 p.m. St. Augustine’s Episcopal Church, 600 M St. SW

**WASHINGTON STAMP COLLECTOR’S CLUB**, 7 p.m. - 9 p.m. First and third Wednesday each month. Buy, sell, trade, and sell stamps. Refreshments, auctions, and programs. Christ United Methodist Church, 300 block I St., SW (202) 291-6229.

**SOUTHWEST FOREIGN POLICY DISCUSSION GROUP**, 7 p.m. 2011 topics are: **Rebuild Haiti, U.S. National Security, Horn of Africa, Responding to Financial Crisis, Germany Ascendant, Sanctions and Non-Proliferation, the Caucasus, and Global Governance.** Tuesdays in 2011: Jan. 25, Feb. 15, Mar. 8, Mar. 29, Apr. 19, May 10, May 31 and Jun. 21. Meetings will take place at River Park Mutual Homes. For information, to order the 8-topic study guide (\$20) and to reserve a space for 2011, contact Coralie Farlee at (202) 544-4407 or cfd13@yahoo.com.

## The Southwester

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Please submit calendar items for January events by e-mail to [thesouthwester@yahoo.com](mailto:thesouthwester@yahoo.com) by December 19, 2010.



## Local Government and Organizations

# The SWNA November Meeting Report: Local Development Updates

By Kael Anderson

The Southwest Neighborhood Assembly's November general meeting, dedicated to new development projects throughout Southwest, was a popular and lively forum. The featured projects were the DC Consolidated Forensics Laboratory, St. Matthew's Evangelical Lutheran Church redevelopment, and the Southwest Waterfront redevelopment.

Senior Project Manager Stanley Cousins kicked off the meeting with a presentation on the Consolidated Forensics Laboratory. Scheduled to be completed in May 2012, the 278,000 square-foot

facility is one of only a handful of major construction projects in the city. The six-story building, on the site of MPD's former First District substation, will include an MPD crime lab, public health lab, and DC Medical Examiner facility.

Although substantially underway, the building exterior will take another year to complete, whereupon a six-month interior build-out and testing period will commence. The existing six-day plus two-night construction schedule is expected to continue for the foreseeable future.

The project team meets with community leaders monthly and with public officials quarterly.

The project is managed in trailers located at the former Market Inn site (2nd & E streets, SW). Further project information and notices are available at [www.cfl.opm.dc.gov](http://www.cfl.opm.dc.gov) and live pictures can be viewed at <http://oxblue.com/pro/open/cfl>.

Mr. Cousins provided a detailed review of the project's efforts to provide gainful employment for District and particularly Southwest residents. Either underway or in plan are a first-source employment program, a summer youth employment plan, a business mentoring plan, a D.C. apprenticeship program, and job fairs in 2011. Currently, 49% of the employees are District residents; two are Southwest residents. Project managers anticipate these numbers will increase as the aforementioned programs get started and a greater proportion of non-union work gets underway.

Meanwhile, another forlorn civic site is emerging from a long slumber: St. Matthew's Evangelical Lutheran Church. Pastor Huber and noted D.C. architect Shalom Baranes articulated a dynamic proposal for a new mixed-use development. The team also includes Trammell Crow Co. and CSG Urban Partners.

The current design features a 10- or 11-story residential tower and chapel facing M St., SW. The plan preserves a notable amount of open space, which is concentrated toward the rear of the development. A shallow pool will extend into the church space, providing a unique contemplative area. Two levels of parking will lie underneath the building. The ground floor will feature a community center and coffee shop.

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## Fourth Annual Livable, Walkable Neighbor Award Goes to Southwest Resident Barbara Ehrlich

On Monday, Dec. 6, Councilmember Tommy Wells honored four Ward 6 leaders with the Fourth Annual Livable, Walkable Awards at the Arena Stage.

"To create a truly livable, walkable community, it takes leadership and vision -- not just from those elected to office, but also from our neighbors, city employees, civic organizations, and local businesses," said Wells.

The Neighbor Award went to Barbara Ehrlich, a 40-year resident of Southwest who has been involved during all these years in many community organizations. Ehrlich is currently on the board of the National Cherry Blossom Festival, serves as events coordinator of the Washington Waterfront Association, and treasurer of the Community Benefits Coordinating Council.

Wells told the gathering that "building a liv-



Barbara Ehrlich holds her "Brickie" Award. Photo by Andrew Lightman.

able walkable community takes work." Ehrlich has exemplified this work ethic in her years in Southwest, taking on many roles and eschewing accolades and titles.

## Christmas Holiday Activities

*Black Nativity*, Langston Hughes' soul-stirring Afrocentric retells the Christmas story, infused with rich gospel, blues, funk, and jazz music and featuring soulful dance and griot-style storytelling. Director Stephawn Stephens, Musical director Michael Terry and choreographer Rodni Williams lead a large cast of singers and actors "with a minimalist set" to focus on music and prayers that tell the Christmas story. Performances are **Dec. 9 through Jan. 2, 2011, Wednesdays through Sundays at 8 p.m., with 3 p.m. matinees on Fridays, Saturdays, and Sundays** at the H Street Playhouse, 1365 H Street, NE. For ticket information, contact [www.theateralliance.com](http://www.theateralliance.com) or (202) 399-7993, Ext. 2. Group rates for 10 or more.

*Capitol Riverfront Business Improvement District's 3rd Annual Holiday Market.* Exhibitors selling handmade sweaters and mittens, paintings, wood carvings, antique maps, greenery and more; empanadas, hot chocolate and coffee; live music from 12-1:30 p.m. each day. **Tuesday, Dec. 14 through Saturday, Dec. 18 from 11 a.m. – 7 p.m. On Saturday, Market is open from 10 a.m. – 3 p.m.** On sidewalk in front of 1100 New Jersey Ave, SE at M St, SE, just across the street from the Navy Yard Metro. [www.capitolriverfront.org](http://www.capitolriverfront.org).

*St. Matthew's Lutheran Church's Annual Christmas Tree Sale.* Scotch Pines for \$25; Frazier Firs for \$45, \$55, and \$65; plus door wreaths. To Pre-Order Your Tree, contact: 202-484-3189 or [stmatthewsdc@hughes.net](mailto:stmatthewsdc@hughes.net).

**Begins Thursday, Dec. 9, Thursdays and Fridays: 5 p.m. to 8:30 p.m., Saturdays and Sundays: 1 p.m. to 5 p.m.** or call for appointment. Tree lot is located at 222 M St., SW (between Delaware Ave. and 3rd St.).

The Southwest Chamber Music Players present *Merry Christmas!* Our traditional potpourri: Bach and carols plus: Mozart, Schubert, Mendelssohn, Berlioz played by Gwyn Jones and Heidi Schuller, flute; Harold Yaffe and Nancy Sulfridge, clarinet; Connie Frigo, saxophone; David Ehrlich, piano; and Catherine Justice, soprano. **Thursday, Dec. 9, 7:30 p.m.** St. Augustine's Episcopal Church, Sixth St. & Maine Ave., SW. Free; donations accepted. Contact: David Ehrlich, 202/484-6354, or [www.southwestchamberplayers.org](http://www.southwestchamberplayers.org).

The *New Century Saxophone Quartet*, a prize-winning and nationally-acclaimed touring music ensemble, performs Christmas music in Southwest, under the sponsorship of *Friends of Southwest DC*. Connie Frigo, a Southwest resident, is the quartet's baritone saxophonist and others are Michael Stephenson, soprano saxophone; Chris Hemingway, alto saxophone; and Stephen Pollock, tenor saxophone. Performing a free concert from their Christmas CD: "A New Century Christmas," **Thursday, Dec. 16, 7 p.m.**, St. Augustine's Episcopal Church, 600 M Street, SW.



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## Reality Check: Gift Cards - Buyer Beware

By Essita Duncan

As you deck the halls with boughs of holly this holiday season, don't forget to read the fine print. With the downturn of the economy, more and more consumers are turning to gift cards as a quick and simple way to share some holiday cheer with family, friends and acquaintances. When buying a gift card, don't overlook the details. Yes, the cards which have been dressed up for the season are very attractive, and it is easy just to grab a colorful one with the amount you would like to spend and dash to the cash register. But, dear buyer, beware!

At the cash register, with festive gift card in hand, you may find yourself paying more than what you bargain for. Can we say "activation fee?" By this time, you have stood in line for a while and couldn't bear getting out of line to pick another card out or find a gift at another store. Like many consumers, you'll grumble about this fee, but you'll end up reluctantly making the purchase anyway. You can avoid this scenario by paying a little more attention this holiday season.

There is, however, some good news for consumers of gift cards. While Congress hasn't done away with those pesky activation fees, they are listening. According to the Credit Card Accountability Responsibility and Disclosure Act of 2009 and H.R. 5502, passed on July 27,

it is unlawful for a person to charge a dormancy fee, inactivity charge or fee or service fee with respect to a gift certificate, store gift card or general-use prepaid card unless there has been no activity for one year. Only one fee may be imposed per month, and it must be clearly and conspicuously stated on the card or certificate. The consumer must be informed of the fee or charge prior to purchase, regardless of whether the purchase is done in person, over the Internet, or by telephone.

If you think that's great, it gets better. Expiration dates are also prohibited, unless the date is five years or more from the date of issuance or date of last load of card or certificate. The expiration dates must also be clearly and conspicuously stated on the card or certificate, and the consumer must be informed of the fee prior to purchase. For cards produced prior to April 1 this year, the disclosure requirements are not effective until Jan. 31 next year. So before you hit the gift card carousel this holiday season, double check the laws in your state and read the fine print. You may be able to save yourself a buck or two.

*This does not constitute legal advice and does not establish an attorney-client relationship. Essita Duncan is an attorney in private practice who can be contacted at [eduncan@duncandefense.com](mailto:eduncan@duncandefense.com).*

## High-Tech Southwest High-Tech Holiday Gift Ideas

By Raymond Schillinger

With the winter holiday season rapidly approaching, it's already time to start thinking about gifts for family and friends. Why not consider one of these cool, tech-related ideas?

**eBook Reader** – *Amazon Kindle 3*, \$139 (wi-fi)/\$189 (3G); *Barnes & Noble Nook* - \$149 (wi-fi)/\$199.99 (3G) – The latest models of these increasingly popular mobile electronic-book readers are already high on holiday wish lists, and deservedly so. Both feature the latest e-ink technology, which simulates an actual page of paper on a high-contrast grayscale screen, relieving the painful eye strain common with regular LCD monitors. Battery life is excellent, too – up to one month on the Kindle, with the wireless turned off. Equipped with adjustable text sizes and the ability to download new eBooks directly from the device (no PC required), eBook readers are great for older book enthusiasts as well.

**Netflix** - \$8.99/mo. includes unlimited online streaming, 1 physical DVD rental at a time – With the days of Blockbuster Video rapidly dwindling, its successor Netflix has taken firm control of the video rental market. Instead of relying on local brick-and mortar-stores, however, Netflix gives its users access to an enormous online database

of everything from complete seasons of classic television shows to the latest film releases. With a high-speed Internet connection, a subscriber can even stream material directly to a home computer or Netflix-ready television for no extra cost. Gift subscriptions of any length are available online at [www.Netflix.com](http://www.Netflix.com).

**iTunes Gift Card** – *Denominations of \$15 and above* – In the age of abundant mp3 players, smartphones and personal computers, it's hard to go wrong with a gift card for Apple's iTunes online store. For a more specific gift, you can pick and customize the actual songs, albums or videos that will be sent directly to your recipient's inbox. Or leave the choices up to your loved one who can select from over 13 million songs in the ever-expanding iTunes library. And just in time for the holiday season, the entire Beatles catalog was released for the first time in mp3 format. Talk about a revolution!

*Raymond Schillinger is a technology consultant and the author of a tech-themed blog at [www.technosophe.com](http://www.technosophe.com). Have a tech question? Email [techcorner@technosophe.com](mailto:techcorner@technosophe.com) and your question could appear in a future column.*

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## Health and Fitness



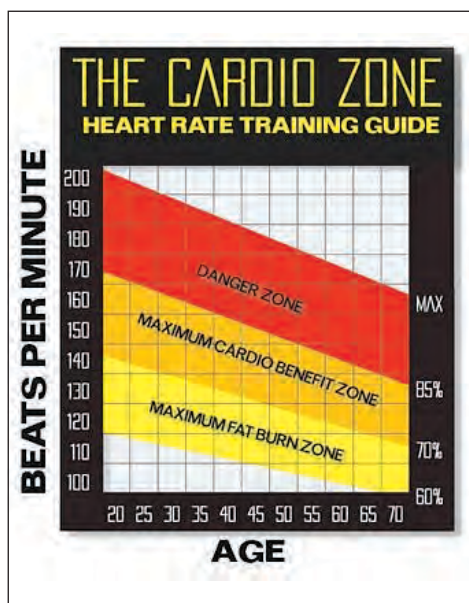
By Derrick Inglut

# Cardio Workout: Getting in the Zone

Cardio, when performed consistently alongside a reduced-calorie diet, can do wonders for burning through fat stores. In order to maximize your time in the gym, you should pay attention to what “zone” you’re training in.

Generally speaking, there are two zones of cardio – the fat-burning zone and the cardio zone. Most cardio equipment shows a diagram to help you choose which zone you want to train in, but all too often, I get questions on which one is better. Well, that depends on your goals. Let’s look at the diagram on the right.

The first zone is known as the fat-burning zone. In this zone, you can generally burn the most fat with the least amount of effort. Here, a 30-year-old man would want a heart rate of about 125 beats-per-minute to burn fat with



highest efficiency. Heart rates faster than this begin to become less efficient, since as exercise intensity increases, oxygen becomes scarce as it is used up by the mitochondria of the muscle cell. Without enough oxygen present, the body begins to burn Creatine for energy, switching away from fat.

Therefore, we can conclude that training at a heart rate 25 percent higher than the ideal level will not necessarily burn 25 percent more fat. The fat-burning zone is known as the point at which increased efforts begin to yield diminishing returns (with regards to fat burning). As you move away from the fat-burning zone and into the cardio zone, your body begins to realize different benefits, so let’s not completely associate the cardio zone as a waste of time either.

Cardio zone training is important to increase blood flow to the working muscles, decrease bad cholesterol, increase oxygen efficiency and

reduce overall hypertension. In addition, if you have large amounts of body fat to lose, you will certainly burn more calories in the cardio zone than the fat-burning zone. It’s just that you will have to work exponentially harder for smaller and smaller reductions of fat. Training in the maximum cardio zone has also been known to help athletes drop those last few pounds of body fat as well (See the article on “Forcing off the Fat” on my website).

Additionally, I’d like to note that I demonstrate the sheer power of the fat-burning zone on my website in “Ripped in 30 Days.” Feel free to check it out at TrainWithDerrick.com. When mastered, it can become a very powerful fat-fighting tool.

*Derrick Inglut is a personal trainer who writes on fitness and nutrition.*

## Living Beyond Breast Cancer

Breast cancer survivor Thelma Jones continues to give back while still honing her breast health skills as a participant in local and regional training and conferences. Recently, Jones was invited by Living Beyond Breast Cancer (LBBC) as a volunteer for a pre-conference activity during LBBC’s Annual Fall Conference, “*News You Can Use: Breast Cancer Updates for Living Well*” held in Philadelphia, PA. Founded in 1991, LBBC’s mission is to empower all women affected by breast cancer to live as long as possible with the best quality of life. A three-time scholarship recipient to the annual conference, Jones and more than 450 registrants, most of whom were breast cancer survivors of different ages and stages, enjoyed the one-day event.

The conference featured sessions and workshops on the latest medical and quality-of-life news on breast cancer, including emphasis on exercise, laughter and reducing stress as a way of improving your overall health and quality of life after a breast cancer diagnosis. The conference also featured a networking reception as well as opportunities to be pampered with a makeover, massage, and Reiki services.

Plucked from the audience by surprise, Jones assisted plenary speaker Sherry Lebed Davis,

President of Healthy-Steps. Davis created The LEBED Method, which uses movement for the healing and prevention of complications from breast cancer surgery and chronic illness. She demonstrated the effects of smiling with closed eyes as it related to reducing stress. If standing in front of over 450 people and smiling with eyes closed wasn’t enough of a surprise and stress reducer, Jones won one of the grand drawing prizes. The lovely LBBC tote bag prize package was full of goodies, including a T-shirt, cap, mug, a bag of LBBC breast cancer pins, note pad and pen, and useful pamphlets. “I regularly attend the conference because of the many splendid benefits and networking opportunities gained; however, I never thought that I would be chosen to assist the plenary speaker or win one of the grand raffle prizes. Just in case my luck is enduring, I’ve confirmed my interest to volunteer again next year when LBBC celebrates its 20<sup>th</sup> anniversary,” said Jones with eyes closed and flashing a beautiful smile.

Jones’ mission was accomplished, as she left the conference with new knowledge, resources, contacts and information to be shared with others. She especially looks forward to sharing the

*Continued on Page 11*

## Toward a Healthier and Lighter You in 2011

By Glenn Favreau

Once again, the holidays come with their emphasis on family and food, and with the ubiquitous promises of New Year’s resolutions. These annual pledges often involve health and weight loss. Many mainstream websites place exercise and battling the bulge among the top resolutions which are taken up every year. But there is no time like the present. A head start on a healthy year can begin now so that holiday binging does not make the goal that much more difficult to attain and the promise that much harder to keep.

### Portion control

I resisted the temptation to repeat the title three times. Let me tell you what happened to me at Thanksgiving this year. I started eating at the meal and quickly reached my limit, feeling full. I have dieted regularly for



quite some time and I just can’t eat (or binge) like I used to. But I kept eating. The plate was full, and the platters were full, and so was I, but I somehow just HAD to keep eating and even stuffed in a hearty dessert. I felt awful afterwards and had to rest for an hour on a sofa.

We have become fixated as a culture on huge portions. Plates have gotten larger, and the portions at restaurants are out of control. Try reading labels at the grocery store. The number of portions times the calories in one portion equal the total number of calories in the container. That can be astronomical. Even seemingly single serving packages contain two or more servings and can add up to a substantial part of your calorie intake in one day. A recent article on healthy mall food featured serving sizes which are much smaller than what we normally imagine or consume. Even the

*Continued on Page 11*

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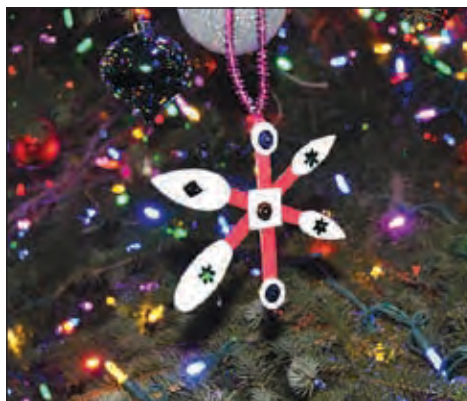
## BOATS

From p. 1

and Glenn Favreau, Editor of *The Southwester* newspaper. Pam DeWess and Diane Heartenstine acted as spotters and Roger Theil provided commentary as the first ever announcer for the parade. Barbara Ehrlich coordinated everyone's efforts for a flawless show of lights on the Channel.

In an act of true holiday spirit, the National Potomac Yacht Club, which won a prize for their group of boats featuring a nativity scene, returned its prize money for donation to Toys for Tots.

The WWA is striving to maintain all of the traditional events and activities on the Southwest Waterfront and has encouraged participation in the Parade of Lighted Boats, the Cherry Blossom Fireworks and Prelude, the Cantina Cup, the Phyllis Golembe Memorial Picnic for Police and Firefighters, and the Seventh Street Landing Programming, among many others. WWA president J. Nickerson said that his organization sees these events as "anchors around which the future of the Waterfront will be built."



Above, ornaments by Amidon-Bowen students. Photos by Julia Peyton.

At left, Elinor Bacon and Tommy Wells are happy to see Santa.

Below, Patriot Dreams from the Prince William Yacht Club was among the top honored boats. Photo by Perry Klein.



Above, Capital Yacht Club's Hi C's got high praise and honors from the judges. Photo by Perry Klein.

At right, the triad of judges: Favreau, Groomes, and Machoskey. Photo by Perry Klein.



Revelers enjoy the bonfire. Photo by Perry Klein.

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## Arts and Culture

# Oklahoma! is OK by Southwest

By Shelia Wickouski

Molly Smith, artistic director for Arena Stage could not have made a better choice for the theater's gala reopening than Rodgers and Hammerstein's *Oklahoma!* The show made American musical history in 1943 with its innovative approach in having songs tell a story and develop characters. With this production in the new Arena Stage at the Mead Center for American Theater, Arena makes theatrical history of its own.

Nicholas Rodriguez as an exuberant Curly opens the show with a rousing "Oh! What a Beautiful Mornin'." Eleasha Gamble as his beloved Laurey with E. Faye Butler as her tender and tough Aunt Eller join him in a spirited "Surrey with The Fringe on the Top."

Cody Williams as Will Parker and a male ensemble with legs like elastic give a rousing song and dance rendition of "Kansas City" that is a merger of ballet, rodeo high-jinks, and popular two-step dance.

Local girl June Schreiner as Will's Ado Annie Carnes is the "I Can't Say No" girl. June's path to stardom started with two summers at the Arena Academy. No one who sees this show is likely to ever be able to say no to her.

Nehal Joshi is Ali Hakim, the peddler with a touch of Groucho Marx. Arena favorite Hugh Nees is Ado Annie's father. Aaron Ramey with his superb baritone voice is the villainous Jud Fry.

The dancing—from the lush, dreamy "Entr'acte" to the fast and furious "The Farmer and The Cowboy" fight scenes—is superb. As for love and marriage, the comedy flows gently from the characters' foibles when Will and Ado Annie perform "All or Nothin," while Curly and Laurey's enduring romantic theme is the classic "People Will Say We're In Love."



Nicholas Rodriguez as Curly and Eleasha Gamble as Laurey. Photo Courtesy of Arena Stage.

To sum up the performance, the finale reprise says it best with "You're doin' fine, Oklahoma! Oklahoma O.K."

Besides the sheer theatricality of *Oklahoma!*, this production is most appropriate for opening in our neighborhood in Southwest. The setting—the Oklahoma Territory in 1906, with its diverse population moving through life's trials toward a brand new day, is not all that far removed from the mixed populations and growth and change we see in both old Southwest and in our neighborhood now. And as an aside, probably a few in the audience might, like these territory folks of yore, wonder when we will have statehood, too.

## Theater Alliance Creates New Holiday Tradition on H Street with Black Nativity

By Thelma Jones

Langston Hughes' soul-stirring, Afrocentric retelling of the Christmas story returns this year to the H Street Playhouse when *Black Nativity* opens on Dec. 9 and runs through Jan. 2. Ordained elder and veteran of the stage Stephawn Stephens will direct the production for Theater Alliance. Stephens first appeared in *Black Nativity* as a cast member at age 15, and has acted in or directed many versions of the popular show since then. A large cast of singers and actors who have honed their talents both on stage and in church choirs will bring the story to life.

Infused with rich gospel, blues, funk, and jazz music and featuring soulful and electrifying dance and riot-style storytelling by a gifted ensemble cast, *Black Nativity* captures the joy of the African-American worship experience in an accessible theatrical production. Originally written by renowned Harlem Renaissance poet Langston Hughes (the inspiration behind D.C.'s Busboys and Poets Restaurants), the show changes from year to year thanks to contemporary contributions made by modern directors.

"Over the years it's been about the pageantry of the show and the costumes," Stephens said. "But this time we have a large cast with a minimalist set" that maximizes the audience's attention on the core message of the Christmas story and the moving music and prayers that tell that story. Musical director Michael Terry and choreographer Rodni Williams are both veterans of musical theater with particular experience staging *Black Nativity*.

A group of young people from Southwest, sponsored by the Southwest Neighborhood Assembly's Youth Activities Taskforce, will be



Photos Courtesy of Theater Alliance

attending the production this year.

Theater Alliance is a nonprofit professional theater company that focuses on the presenting of new or rarely produced work geared toward attracting diverse and alternative audiences to the D.C. community.

*Performances are Wednesday through Sundays*

at 8 p.m., with 3 p.m. matinees on Fridays, Saturdays and Sundays at the H Street Playhouse, 1365 H St. NE

For ticket information, please visit [www.theateralliance.com](http://www.theateralliance.com) or call (202) 399-7993, Ext. 2. Group rates are available for 10 or more.

## Westminster Presbyterian Church Presents Two Creative Events on Saturday, Dec. 11

The public is invited to two free community creative events on Saturday, Dec. 11 at Westminster (Fourth and I streets SW). ART + ARTIFACTS from 11 a.m. – 4 p.m., a show and sale of both people's personal creations (paintings, mosaic, glass, leather, culinary, musical etc.) and household artifacts (i.e. great yard sale finds).

Although space for artist participants for the ART + ARTIFACTS show and sale is limited, you may call the church office at 202-484-7700 to inquire about space availability. Sellers are responsible for pricing their own items and bringing their own change and bags. Participants are encouraged to donate 10% of their day's earnings to the church.

The second event from 1 – 3 p.m. is the bimonthly *Thinking About Jazz* featuring the great Vince Evans on piano who will talk about and play the music of Duke Ellington. A short film on Ellington will also be shown, and door prizes and refreshments are included.

Westminster's Music Director Vince Evans' website describes him as a "musician, singer, arranger, copyist, composer, producer, engineer, instructor, magician and consultant."

## Southwest Night

Southwest Night is Friday, Dec. 24 at noon. Southwesters may buy \$25 tickets, plus applicable fees, for one designated Friday evening performance of each production. Proof of Southwest residency—or continued employment—for each audience member of each party must be presented at the time of purchase. Tickets are limited to four per person and are based on availability. To purchase tickets, call 202-488-3300 or stop by the Arena Stage sales office.



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Spirituality

Southwest and Near Southeast Holiday Religious Services

Bethel Pentecostal Tabernacle of the Assemblies of God  
60 I St., SW

**SUN. DEC. 19,** 10:45 a.m.: Christmas Service and “Operation Christmas Child” box give-away and Angel Food distribution.

Carron Baptist Church  
1354 First St., SW

**WED. DEC. 15,** 6:30 p.m.-7:30 p.m.: Happy Birthday, Jesus Party

**SUN. DEC. 19,** 9 a.m.: Sunday School Christmas Program

**FRI. DEC. 31,** 10 p.m.: Watch Night Service

Friendship Baptist Church  
900 Delaware Ave., SW

**FRI. DEC. 24,** 9 - 10 a.m. Christmas Break-fast, Feeding of the Homeless and Hungry.

**FRI. DEC. 31,** 9:30 p.m. until Midnight: Watch Night Service.

Riverside Baptist Church  
7th St. & Maine Ave., SW

**FRI. DEC. 24,** 7 p.m. : Christmas Eve Service with communion.

St. Matthew’s Baptist Church  
1105 New Jersey Ave., SE

**FRI. DEC. 24,** 7 - 8 p.m.: Christmas Eve Service.

**FRI. DEC. 31,** 10 p.m.: Watch Night Service.

Second Baptist Church Southwest  
First & M Streets, SW

**SUN. DEC. 19,** 5 p.m.: “Joy to the World” —Isaiah 9:6, Christmas Candlelight Service featuring the Angelic Choir & the Youth Choir.

**FRI. DEC. 31,** 9:30 p.m.: Watch Night Service. Church ministers to deliver homilies and all choirs to perform.

St. Dominic Catholic Church  
603 E St., SW

**FRI. DEC. 24,** 4:30 p.m. Carols, 5:15 p.m.

Christmas Vigil, 8 p.m., Spanish Mass, 11:30 p.m. Carols followed by Midnight Mass.

**SAT. DEC. 25,** 10:45 a.m.: Christmas Mass. (NO Sat. 5:15 p.m. Mass)

**FRI. DEC. 31,** 5:15 p.m.: Mass, Solemnity of Mary, Mother of God.

**SAT. JAN. 1, 2011,** 10:45 a.m.: Mass, Solemnity of Mary, Mother of God - Feast concludes Octave of Christmas. (NO Sat. 5:15 p.m. Mass)

St.Vincent de Paul Catholic Church  
14 M St., SE

**SAT., DEC. 24,** 4:30 p.m.: Christmas Eve mass.

St. Augustine’s Episcopal Church  
600 M St., SW

**FRI. DEC. 24,** 7 p.m.: Christmas Eve Service of Lessons and Carols with Holy Eucharist.

**SAT. DEC 25,** 10 a.m.: Christmas Day Service of Holy Eucharist with Christmas Music.

**SUN. DEC. 26,** 9:30 a.m.: First Sunday After Christmas, Service of Holy Eucharist with Christmas Music.

**FRI. DEC. 31,** 11 p.m.: New Year’s Eve Service, Feast of the Holy Name, Lessons and Music for the New Year and Holy Eucharist. Champagne and sparkling cider reception follows.

St. Matthew’s Lutheran (at First Trinity Lutheran Church, 501 Fourth St. NW)

**SUN. DEC. 19,** 10:30 a.m.: Lifeline Partnership Christmas Gospel Drama. (Lifeline Partnership is a service ministry for people with intellectual disabilities.)

**FRI., DEC. 24,** 7 p.m.: Prelude Christmas Concert , 7:30 p.m. Festive Christmas Eve Worship and Eucharist.

**SUN., DEC, 26,** 10:30 a.m.: Service of Lessons and Christmas Carols.

Christ United Methodist Church  
900 Fourth St., SW

**SUN. DEC 19,** 10 a.m.: Choir and Christmas Music.

**FRI. DEC 24,** 6:30 p.m.: Soup and Salad, 7:30 p.m. Christmas Eve Service.

St. Paul African Union Methodist Protestant Church  
401 I St., SE

**SUN., DEC. 19:** 11 a.m. & 3 p.m.: Christmas Service. Potluck after morning service.

**FRI. DEC. 31,** 11 p.m.: Watch Night Service.

Westminster Presbyterian Church  
400 I St., SW

**FRI. DEC. 24,** 4 - 7 p.m. Christmas Eve Friday Night Jazz, 7 p.m. Christmas Eve lessons, carols and Holy Communion. Jazz Night features pianist extraordinaire Vince Evans and friends. \$5 admission and dinners, food sold. Each set includes holiday tunes and the third set between 6 and 7 p.m. includes a ritual of candlelight. Festive reception follows.

Neighborhood Religious Services

Galilee A.M.E. Church

Worshipping at St. Augustine’s Episcopal Church, 600 M St. SW  
(202) 258-6812  
Rev. S. Isaiah Harvin  
sisaiahharvin@yahoo.com  
**Sunday:** 2 p.m.  
**Wednesday:** Bible Study 7:30 p.m.

Bethel Pentecostal Tabernacle of the Assemblies of God

60 I St. SW  
(202) 251-5137  
Pastor Robert Carter  
tizdtw@yahoo.com  
**Sunday:** 10:45 a.m.; Friday: Prayer and Bible Study: 8 p.m.

Carron Baptist Church

1354 First St., SW  
(202) 484-3172  
Pastor Lester W. Allen  
**Sunday:** 11 a.m.  
**Tuesday:** Noon Day Prayer, 7:30 p.m. Bible Study

Friendship Baptist Church

900 Delaware Ave. SW  
(202) 488-7417  
Rev. Dr. J. Michael Little, Pastor  
Rachel McNeal, Admin. Asst.  
crachel522@aol.com  
**Sunday:** 9:30 A.M, Sunday School; 11 a.m. Morning Worship  
**Tuesday:** 7 p.m. Prayer Service and Bible Study

Riverside Baptist Church

Seventh St. and Maine Avenue SW  
(202) 554-4330  
Pastor Michael Bledsoe, Ph.D.  
pstrbled@comcast.net  
www.riversidedc.org  
**Sunday:** 10 a.m. with Bible Study at 9 a.m.

St. Matthew’s Baptist Church

1105 New Jersey Ave. SE  
(202) 488-7298  
Rev. Dr. Maxwell M. Washington, Pastor  
Gwendolyn Coleman, Office Asst.  
praisethelord1820@yahoo.com  
**Sunday:** 8 a.m. Sunday School; 9:05 a.m. Worship Service  
**Tuesday:** 7 p.m. Prayer Meeting & Bible Study

Second Baptist Church Southwest

1200 Canal St. SW  
(Corner of First and M streets SW)  
(202) 484-3112  
Rev. James Jones  
Rev. Carl V. Messiah  
sbcsw@aol.com  
**Sunday:** Church School 9:30 a.m., Worship 8:00 a.m. & 9:45 a.m.

Second Union Baptist Church

1107 Delaware Ave. SW  
(202) 484-7012  
www.secondunionbaptistchurch.org  
Rev. William Harrison, Pastor  
secondunionbaptist@yahoo.com  
**Sunday:** 9:30 a.m. Sunday School, 10:45 a.m. Worship  
**Wednesday:** Noon Day Prayer, 3:30 p.m. Senior Bible Study (Greenleaf), 7:30 p.m. Prayer & Bible Study

St. Dominic Catholic Parish

603 E St. SW  
(202) 554-7863  
Fr. Gregory Salomone, O.P.,  
fathergreg@speakeasy.net  
Denise Marshall, Parish Receptionist & Admin.  
Asst., receptionist@st-dominic-church.org  
**Saturday:** 5:15 p.m. (Vigil of Sunday)  
**Sunday:** 8 a.m., 10:45 a.m., 12:15 p.m. (Spanish), and 5:15 p.m.  
**Weekdays:** 8 a.m. and 12:10 p.m. in the Church (There are no Masses on federal holidays)  
**Reconciliation:** Monday – Friday 11:55 a.m. - 12:10 p.m.; Saturday 4:30 p.m. – 5 p.m.

St. Vincent de Paul Catholic Church

14 M St. SE  
(202) 488-1354  
Fr. Rick Gancayco  
**Sunday:** 8 a.m.  
**Mon., Tues., Thur., Fri.:** 12:10 p.m.  
**9:15 a.m. - 10:15 a.m.** - Bible Study, RCIA classes and First Holy Communion and Confirmation classes. Classes start on Sunday, October 10.

St. Augustine’s Episcopal Church

600 M St. SW  
(202) 554-3222  
Rev. Martha Clark  
marthakclark@yahoo.com  
**Sunday:** 9:30 a.m.  
**Tuesday:** 6:30 p.m. Evening Prayer

St. Matthew’s Lutheran Church

Worshipping at First Trinity Lutheran Church, 501 Fourth St. NW at Judiciary Square  
(410) 375-5053 (cell)  
Pastor Phillip Huber  
pchuber@hughes.net  
**Sunday:** 10:30 a.m.  
**Thursday:** 6 p.m.: Bread and Soup, 6:45 p.m. Evening Prayer

Christ United Methodist Church

900 Fourth St. SW  
(202) 554-9117  
Rev. Adrienne Terry  
ChristUMCDC@yahoo.com  
**Sunday:** 10 a.m.  
**Thursday:** 12 noon & 6:30 p.m., Bible Study

St. Paul African Union Methodist Protestant Church

401 I St., SE  
(202) 997-3049  
Rev. Karen Mills  
ktmills333@yahoo.com  
Sunday: 11 a.m. and 3 p.m.

Westminster Presbyterian Church

400 I St. SW  
(202) 484-7700  
Co-Pastors: Rev. Ruth Hamilton  
rwh@westminsterdc.org  
Rev. Brian Hamilton  
brianh@swrenaissance.com  
Sunday: worship 11 a.m.  
www.westminsterdc.org  
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**Wellness Wednesday Yoga:** 4 - 8 p.m.  
**Friday Jazz Nights:** 6 - 9 p.m.

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## Education and Schools

# Westminster Presbyterian Church Celebrates Education Sunday

By Meg Brinckman

On Sunday, Nov. 14, Westminster Presbyterian Church celebrated its annual commemoration of the importance of education with the participation of students and administrators from Amidon-Bowen Elementary and Jefferson Middle School.

Amidon-Bowen students Alfonzo James, Janiah Williams, Khalil Warren and Dymond McDowney, three students of Ms. Ellen Carter's Third Grade, presented a skit about "Great Educators" Nannie Helen Burroughs, Mary McLeod Bethune and George Washington Carver.

Jefferson Eighth Grade students Ruglatu Jalloh and Brenda Wilson spoke of the importance of education in the lives of leaders they admire. Ruglatu mentioned the importance her parents have placed on education and how this has led her to make education a major direction in her life. Brenda spoke of the influence education had on the life of Nelson Mandela and her determination to use her gifts and talents for good now and in the future. Monica Martinez, Social Studies Department Chair, at Jefferson introduced her students.

LaShanté Knight, Principal of Amidon-Bowen, and Patricia Pride, Principal of Jefferson Middle



From left to right, Janiah Williams, Dymond McDowney, Khalil Warren, and Alfonso James: Amidon-Bowen Students present a skit about "Great Educators." Photo by Meg Brinckman.

School, concluded the program with comments expressing the importance of these schools in our community, their future, and the role parents can take to build that future. They pledged their efforts to make these schools a source of pride for Southwest.

## Amidon-Bowen First Advisory Awards Assembly

An enthusiastic crowd of parents and other family members gathered Friday, Nov. 12 to celebrate students making the Honor Roll and their achievement in the areas of Mathematics, Reading and Attendance/Citizenship.

\*Indicates students receiving perfect Attendance/Citizenship Awards in addition to Honor Roll, Math and/or Reading Achievement.

**Pre-Kindergarten Honor Roll:** Stephon Ellis  
**Math:** Stephon Ellis, Devante Oliver\*

**Reading:** Donvante Anderson\*, Devonte Oliver, Tiffany Owens, Tavion Alston, Kamiya McDowney\*, Jordun Champion, Daniel Barnes, Stephon Ellis

**Kindergarten Honor Roll:** Wynter Jackson\*, Jamiya Barnes, Tyree Drumgold\*, Darryl Knight\*

**Math:** Wynter Jackson\*, Zaniya Gavins, Malachi Butler, Marckelle Hodge\*, Alphonso Thompson

**Reading:** Wynter Jackson, Zaniya Gavins, Jamar Lewis, Omar Mousa\*, Malachi Butler, Deija Smith\*, Samaria Short\*, Alphonso Thompson

**First Grade Honor Roll:** Tyauna Gray, Jaden Chapman, DaAvion Hudgens

**Math:** D'Mar Roberts, Jabri Williams, Darren Buchanan, Kayla Cashwell, Derrick Moss, DaaVion Hudgens

**Reading:** Kayla Cashwell\*, Darren Buchanan, D'Mar Roberts, Gianni Marshall\*, Jasmyne Carrington\*, Derrick Moss, Mylikah Sullivan, Tyauna Gray

**Second Grade Honor Roll:** Naylah Sebo\*, Triana Alston, Zipporah Whitfield\*

**Math:** Quantae Robinson, Murkiel Copeland, Triana Alston, Naylah Sebo\*

**Reading:** Jayla Hunter, Nayla Sebo\*, Sequoia Patrick\*, Zipporah Whitfield\*, Triana Alston

**Third Grade Honor Roll:** Khalil Warren, Janiah Williams, Latia Holloman\*, Taion White, Ladaviyona Hudgens\*, Jennifer Zhou\*, Heather Evans\*, Eugene O'Carroll

**Math:** Jania Williams, Khalil Warren\*, Latia Holloman\*, Taion White\*, Ladaviyona Hudgens\*, Shantrice Taylor

**Reading:** A'adiyah Melton, Siani Crews, Khalil Warren\*, Janiah Williams

**Fourth Grade Honor Roll:** Azaysha Mulkey\*, Nyn Richards\*

**Math:** Tyeshia Hines, Jeremiah Barbour, Azaysha Mulkey\*, Sieda McCray

**Reading:** Corey Gatling, Janya Williams, Dayonna Harris, Darrius Buchanan, Shomari Edwards

**Fifth Grade Honor Roll:** Malick Sebo\*, Lilly Tola\*, Ni'Shana Taylor, Natori White\*, Taneisha Miller, Jada Williams

**Math:** Carlos Green, Jada Williams, Gary Robinson\*

**Reading:** Mylan Barnes\*, Tahira Mesa\*, Krys Steven

Mitchell, Amberetta Faulkner\*, Viquisha Smith\*, Destiny Daughtry\*, Davon Lucas, Jada Williams

The following students were recognized for perfect Attendance and Citizenship

**Pre-Kindergarten:** Jewel Jones, Orlando Edwards, Jhalil Scott, Tiffany Owens

**Kinderarten:** Makai Delaney, Darryl Knight, Keishaunna Washington, Janiya Barnes, Paul Campbell, Dairre Roberts, Jaleah Inman, Makel Whitfield, Laila Hood, Darryl Hunter, Jorden Powell, Omar Mousa, Patricia Fragua, Jashon Blakney

**First grade:** Jeremiah Robinson, Moenae Maddox, Ashley Anderson, Joshua McLaurin, Demarco Gorham, Jaylen Jenkins, Dwight Davis, Aaron Dais, Troy Alston, Kenniya Bowman, Tywaun Wills, Ajanaye Tucker, Aleja Fisher, DaQuan Miller, Kayla Wingate, Darreln Rogers, Sky Simons

**Second Grade:** Makiah Carter, Naveah Edwards, Camari Thompson, Demarco Jones, Asia Dais, Jayla Hunter, Roneisha Turner, Jostin Garcia

**Third Grade:** Dasiah Gatling, Shadonna Shuler, Dymond McDowney, Sasha Simpson, Kevon Scott, Makhi Lawson, Courtney Thompson, Janasia Wingate, Shalissa Battle, Shadonna Shuler, Kemony Bowden, Jennifer Zhou

**Fourth Grade:** Kasmira Fudge, Jonovan Smith

**Fifth Grade:** Essence Young, Javeonte Harvey, Michael Baxter, Destiny Daughtry, Amberetta Faulkner, Malik Lawson, Malik Banks, Javeonte Harvey, Edugwu Agada, Raymond Washington, Javeonte Harvey, Armani Scott, Aliya Solomon, Octavia O'Carroll, Michael Baxter, Armani Scott, Dymone Tutt, Aliya Solomon, Egypt Young, Marc Davis, Stephen Williams

### Local School Events for December

**MON. - THURS. 6-9:** Scholastic Book Fair Amidon-Bowen Gymnasium. Open to the public.

**THURS. 9 9:30 a.m.-noon:** Amidon-Bowen Pre-K and K Walking Fieldtrip to the Botanical Gardens.

**THURS. 16 p.m.-3 p.m.:** Saxophone Quintet Concert for Fourth and Fifth grade Amidon-Bowen students. Open to the public.

**FRI. 17 1:30 p.m.:** School-wide Holiday Program- Amidon-Bowen Cafetorium. Holiday music, and a Sing-a-long with a Power Point presentation of the words so everyone can participate. Open to the public.



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## Local Sports

# Basketball Jamboree: Delights the Southwest Community

By Dale MacIver

In an effort to reduce the crime rate in PSA 104, community organizers put on a stellar Old Tymers Jamboree event at King-Greenleaf recreation center on Veterans Day. An overflow crowd of 300 Southwesters was entertained with an array of basketball skills from yesteryear along with a social atmosphere of who-was-who in Southwest. The day started with a classic 50-and-over basketball game. Things escalated to an unprecedented level of laughter and fun with two 40-plus female games. The finale came with a not-so-slow, not-so-fast, 40-plus men's games.

In a community that has seen better times as it relates to crime, this event was a relief from economic struggles and recent immediate challenges. With the backing of the Southwest Unity Committee's Paul Taylor and the Department of Recreation's Roving Leaders Program, this event certainly captured the community. It was designed to bring family and friends out to enjoy a day of basketball entertainment with and by parents, grandparents and youth coaches.

The first game had an abundance of talent from the past. As might be expected, there was a slow start, wobbly free-throw shooting, and an abundance of turnovers until a 50-year-old Dino Roach ignited the crowd with a 40-foot three-pointer. As the crowd grew, it seemed to have motivated these "fathers of time," as they were described by announcer Bay-Bay Shannon, to competitive play. Down by 12 points in the



Women's Basketball Team photos by Dale MacIver.



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fourth quarter, Team Green exhibited depth and balance in a comeback that saw countless steals. Guard Michael Holloway had 14 points. Point guard Preston "Huck" Thomas had three steals and five assists. Forward Pete Morgan had nine rebounds. Forward James Shaw pulled a double-double with 10 points and 10 rebounds. Veterans Reggie Newby and Anthony Crank had seven point each. This comeback was despite an outstanding performance from the losing team whose Donald Moses had 12 points, 12 rebounds and 11 assists - a 50-year-old triple-double!

Our first female game took us back as far as the 1970s with ages ranging from 38 to 55 years old. Naturally, they started with exercising and stretching in an attempt to wakeup muscles that have been dormant. Despite the imperfections, our lady Teams sustained their energy levels throughout the afternoon and offered a collection of exciting sequences. The undersized Gold Team played with much heart and hustle: Guard Lawanda Burns stealing the ball for a break-away layup on two straight possessions, Guard Andrea Washington (Roving Leader) dropping a behind-the-back bounce pass to April Hines for a layup, forward Shirley Lee blocking consecutive three-point attempts, and forward Ernestine Covington completing a two-handed block shot. Crowd favorite and elder-state-woman Diane Wade (Purple Team) electrified the audience with her hefty mobility on several uncontested steals and layups. Guard/forward Loretta Henry, guard Sharon Hansberry and center Gayle Gamble all showed flashes of yesteryear with great ball handling and shooting skills.

The second female game was just as exciting as the first. This game was filled with former collegiate players who electrified the crowd in a steady showing of athleticism. Lisa Stover, Nicky Smith, Veronica Gudger, Nicky Jones, Shirley Lee, Kevette and Lynette Taylor Team Black turned a two-point deficit into a six-point lead. The momentum swing began with an

acrobatic drive by Lisa Stover which sent the crowd into frenzy. Nicole Boykins set game highs for rebounds and block shots with ten and five, respectively, and sank a baby hook to kick start a well played game. Teammates Tracy Hooks, Angela Venable, Arlene Felder, Denise Henry, Robin Coleman, and Lee all contributed with great defensive and three-point shooting skills.

The final game of the jamboree was a stunning display of talented 40-year-olds. After icing his knees all night Paul "Bic South" Taylor, a six-foot seven massive figure and community icon, decided to play in the 40 & over just moments before game time. Bic South delighted the overflow crowd with an abundance of three-pointers, turn-around jumpers, bank-shots, and Magic-like-ball-handling skills. The prolific Southwest legend led in all statistical categories with 25 point, 15 rebounds, 11 assist and nine blocks - just missing out on a quadruple double. Guards Gary Green, Donald Covington, John Williams, and May Bell plus forwards Donnell Moses, Benny Boykin, Dwight Walker, John Simms and Ralph Holmes were all recipients of the outstanding performance of Bic South. "The crowd excitement and to have so many people come together as one, is what makes this event so special. The whole concept of this event was to try and neutralize the negative issues within the community by intervening through the development of positive relationships between parents, youth and community leaders," stated committee Chairperson Paul Taylor. The losing team, whose mood was not spoiled by the heroics of "Bic South," was led by Kim Henry's 22 points and 12 assists. Also contributing were Guards Melvin and Donnell Hansberry, Ronald Young and Tim Johnson; forwards David Nickens and Donnell Jordan; and center Donnell Elliot.

The next community Jamboree is scheduled for Reverend Martin Luther King, Jr.'s birthday on Jan. 15 next year.



# Healthy

From p. 5

healthiest of selections contained two or more servings. A serving of fat free frozen yogurt was considered one half of a small size order!

At the holiday meals, concern yourself with the portion size you are taking. The American Heart Associate considers a serving of meat to be 2 ounces, or the size of a deck of cards. That is not a lot. More than one serving of meat is acceptable. Ten servings are not. A smaller plate can help here. Try grabbing a dessert plate instead of a dinner plate before you start at the buffet line. The one serving spoon rule helps, too: do not take more than one serving spoonful of anything.

## Plan your splurging

If you are going to indulge a bit for one meal on a holiday, be smart about it and plan. Firstly, plan ahead and eat a lighter breakfast and/or lunch that day. But don't count on lighter hunger. Since you will have a bit more appetite, drink a glass or two of water before the meal, or snack on some fruit before heading out to the festivity. This will help to curb your appetite and make you less likely to stay at the table eating once you already feel full.

If you are going to drink alcohol, a notoriously high calorie indulgence, be smart about it. Drink a glass of water or seltzer between each drink. Prefer water, seltzer or diet sodas for mixers over fruit juices and full sugar mixers. Avoid more than a small portion of super rich and fattening eggnog, or look for a lower calorie version recipe on line.

Eat your favorite things. Avoid the fillers like crackers and cheese, and chow down on what you like best in the meal. If you are going to cheat on your diet, make it worthwhile. I recently ordered a gourmet pizza at a restaurant on a cheat day and it was simply awful. I ate it, and then thought, "I just wasted my cheat day." The calories came in, but I did not enjoy them. I should have just eaten a couple of chocolate bars instead.

## Focus on the total holiday experience

Instead of fixating on the meal, try focusing

on the whole experience at the holiday. Unfortunately, family tensions can sometimes just make people more anxious and drive them to the food for comfort. Just make the best of it. Let the kids' enthusiasm be contagious. Enjoy the music and decor. Look for quality time with the friends and family you do enjoy being with.

## Make exercise your priority

A great motivator for exercise is new gear. Treat yourself as a holiday or pre-holiday gift and try it out regularly as a priority during the entire holiday season.

Even a hearty walk with fellow revelers after a meal is a great way to burn a few extra calories. And try another brisk walk later in the day when you are more comfortable after digesting the binge.

If football is your priority, try taking it to another level. Before or after the big game, instead of pre-game posturing or replaying in conversation, try doing it over an interactive physical game with a computer player. Or take it outside for a bit of touch football.

## The next couple of days

Since Christmas and New Year's fall near the weekend this year, there are a couple of more days afterwards to continue the celebrations free from work. A great idea is to plan a physical activity for those days. There are lots of places around to get in a bit of ice skating, mall walking, or even gym time, when crowds tend to be smaller at your neighborhood gym.

Washington is the perfect place for museum walking, too. Try out a museum on this side of the Mall and walk to it and back home from it. It will be a full day of culture, and a great workout all in one.

## Use the internet

And no, I don't mean endless hours seated in front of your desktop computer. The internet is full of tips and ideas for weight loss, dieting recipes, exercise, and better health. Do searches with the words "healthy," "fit," "low calorie," or "ideas for" in them. Try a few, since overload is counterproductive. You can't do them all, but a few ideas can help to keep you on track for a healthier 2011.

access to the space would be limited.

The last component of the evening was set aside for the Southwest Waterfront development. Bob Rubenkonig, vice president and director of marketing and communications at Struever Bros. Eccles & Rouse, provided a brief review of the proposal before taking questions. It proved to be a lively and deliberative forum indeed it eclipsed the initial plan to conclude the formal meeting early to give community members a more intimate opportunity to ask questions and review the plans.

A number of topics were covered including building heights, LEED certification, and the Circulator bus. As the formal zoning review process gets underway this winter, some of the details are starting to be fleshed out. Rubenkonig noted that the Council just passed legislation to clarify the project's affordable housing requirement. A first-source agreement, requiring at least 51% of employees hired to build the Waterfront to be D.C. residents, was approved the previous week. In addition, the District kicked in a \$1 million dollar commitment for job training and apprenticeship programs.

Community members can find more information on the proposal at [www.SWDCWaterfront.com](http://www.SWDCWaterfront.com).

*This month's SWNA meeting report takes the place of the regular column, Daily Developments, which will return as usual next month.*

# Blotter

By John McGrath

Highlights of the Police Service Area (PSA) 104 Monthly Meeting, Nov. 18, 2010.

Sgt. Deidre Whitaker reviewed the crime statistics through Oct. 31. While crime is down in some categories compared to 2009, there has been an increase in sexual assaults (two more than last year), robbery (one more) and a more significant increase in theft from auto (25, or 20 percent, more). In addition there was one murder PSA 104 (Southwest) since Nov. 1: a fatal shooting of a former Greenleaf resident near 200 K St. SW – assailants have been identified by the police.

Security for patrons and parking for Arena Stage was discussed. Arena Stage relies on police coverage before and after performances. Patrons parking at 1101 Fourth St. SW are being directed to exit through the building lobby and to walk in lighted and patrolled areas along Fourth

and M streets. Patrons are cautioned to avoid walking behind the Waterfront office buildings.

First District Police Headquarters is seeking information/witnesses in connection with a pedestrian traffic accident at Fourth and M streets SW in September. The victim, a Harbour Square resident, has been reported in serious condition. Ron McBee reported on several proposals to improve safety at the intersection – three pedestrians have been injured there since March – including eliminating the requirement to push a button for a "WALK" signal.

Police reiterated calling 911 whenever the police are needed including illegal parking in a fire lane. A building resident, however, must cosign the parking ticket before police can take action. As in prior years, Southwest residents need to be especially vigilant about street crime during the holiday season.

Next Meeting: Dec. 16, 7 p.m. – 8:30 p.m., River Park Cooperative Homes, 1300 Fourth St. SW

# Cancer

From p. 5

information with the American Cancer Society Breast Cancer Support Group Meeting which she facilitates every third Wednesday at 6:30 p.m. at the Southwest Neighborhood Assembly's Waterfront Office at 1101 Fourth St. SW, Conference Room W110. She will also share her newly acquired knowledge and information in

her capacity as a Smith Farm Center for Healing and the Arts breast care navigator stressing integrative approaches toward healing. In addition, and along with Lorraine Nagy, Head of the World Bank-IMF Breast Cancer Support Group Meeting, who also attended the conference, Jones will share the information with her former colleagues at the monthly meeting of the World Bank-IMF Breast Cancer Support Meeting where she enjoys a leadership role.

# ANC Meeting

From p. 2

ing violations, including various illegal u-turns, a few made by recognizable local residents. The ANC will continue to work with DDOT to improve the intersection and help protect pedestrians and motorists.

A petition by the federal office building at 200 C St., SW for a permit for improvements in the public space outside of the structure was approved.

Much of the remainder of the meeting was taken up by a lengthy presentation of the 11th Street Bridge project. The massive rebuilding of the bridge, including local and highway access, is currently on time and on budget at about 25% completion. Delivery is expected in mid-2013.

This was not a meeting for the faint of heart, since it went on for more than three hours. In view of this difficulty for attendees, the ANC posts its agenda with approximate times assigned for each item on its website, [anc6d.org](http://anc6d.org), a few days before meetings for anyone interested in just one or a few topics.

The next ANC 6D meeting will take place at St. Augustine's Church, 600 M St., SW at 7 p.m. on Monday, Dec. 13. This will be the last meeting for those commissioners exiting the board. New and returning commissioners will be sworn-in on Jan. 2, 2011, at the Civic Center for the next two-year term. It is important to remember that the ANC commissioners serve on a volunteer basis and do not receive compensation. In light of this, they certainly deserve our admiration and gratitude.

# Updates

From p. 3

The center's activities will be managed by a non-profit called the Transforming Southwest Community Development Corporation. Activities under consideration include "seniors morning," a book club, live performances, community forums, a local artist gallery, "movie night," a preschool program, a thrift shop, a multimedia classroom, a professionally staffed outreach center, a computer lab, and a "dinner-at-your-door" program for the building's residents.

The project attempts to balance the goals of the program within both the constraints of the site and available financing. The arrangement of buildings, water features and open spaces would be remarkably consistent with the existing Southwest template. Targeting LEED Gold certification and retention of all the existing mature trees, the project plans to have a limited environmental impact. Additionally, the project includes an affordable-housing component.

However, the chapel, a moderately tall building, would sit in the historic Delaware Avenue right-of-way (the church currently holds title to the land), partly blocking the view to the U.S. Capitol. The community voiced concerns about blocking the view as well as loading, trash, parking, and looming building shadows. Furthermore, although the project includes open space,

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